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from the kitchen

By Joan Pinkham

When lettuce sells for 99 cents a head because of a labor strike and hamburger costs skyrocket, it's time either to stop eating, cry, or resort to Yankee ingenuity. Seen coping in true pioneer fashion was a hardy little group braving the soggy beach sands after last week's nor'easter. Quahogs were theirs for the taking at low tide and, just as the early colonists discovered, there's nothing like New England Clam Chowder. The natives sometimes call it "chowdy," but actually, the word "chowder" derives from the French "chaudiere," meaning pot or kettle and "chaud," meaning hot. Here's how it goes.

1/4 lb. salt pork, diced
2 medium-sized onions, diced
3 c. potatoes, diced
1/2 tsp. salt
1/4 tsp. pepper
2 c. boiling water
1 qt. clams (or ground quahogs) with liquor
1 qt. milk
2 T butter
1 pt. light cream

Cook salt pork in pan until crisp. Remove pork and add onions, potatoes, salt and pepper. Saute 10 min. Cover with water and simmer 15 min. Add clams and their liquor. Cook 20 min. Add milk,



butter and cream. Heat and serve.

Hank Dunbar, owner of the Brant Rock Fish Market, has quahogs for those who shun the gusty, raw winds along the beach. Like a true Yankee, nothing goes to waste in his emporium. Fish frames for making a good stew are yours for the asking. You might want to ask him to introduce you to some of the less popular types of fish like tautog, cusk and pollack - so good for chowder. Quahog fritters are delicious in place of meat in your dinner menu.

1 pt. quahogs — chop fine
1 small onion, chop fine
1 egg, slightly beaten
1/2 tsp. baking powder
Pinch of salt and pepper

Add enough flour to make batter consistency of whipped cream, mixing well, thinning with quahog liquor. Drop into piping hot frying pan, using bacon fat, Crisco or Spry. Do not use deep fat. Fry slowly.

Usually about now our thoughts turn to the joys of fresh vegetables and fruits.

But now we learn the California strikes probably will affect the price of carrots, broccoli, asparagus and melons. Before a Yankee Pot Roast is priced out of sight, let's all try Sharon Cadwallader's recipe which goes like this.

1 1/2 lb. section of pot roast
[more if desired]
2T flour
3 T oil
1 small yellow onion
Salt and pepper
1/2 tsp. thyme
1 c. beef broth
2 large carrots
1 large potato
1 small turnip

Sprinkle meat lightly with flour and brown in deep, heavy pot.

Quarter onion and set on top of meat. Sprinkle with salt, pepper and thyme. Pour over beef broth and cover. Simmer for 1 1/2 hours, then add a little water. Liquid should be kept about 1/2". Add carrots and simmer for 30 min. Add potato and turnip. Simmer another 20 min.

Runnery Clinic For School Runners

The Runnery of Hanover will sponsor a free clinic for all high school track competitors. The program, which is to feature a film and a panel of four speakers, will begin at 7 p.m. Thursday, March 8th in the Norwell High School Auditorium. Names will be drawn for door prizes including shoes and T-shirts.

Randy Thomas, fifth place finisher in last year's Boston Marathon, will be on hand to speak. Randy's marathon time of 2:11:25 ranked him eighth among the world's best marathoners. He represented the U.S. in the summer of 1978 in a track meet against the Russians, and will represent the U.S. again this coming spring in the international cross-country championships in Ireland.

Bob Hodge, who works at the Runnery, will also speak. Bob holds the record in the wellknown Mt. Washington Race. He finished fourth in the 1979 national 10 KM road race championships, as well as fourth in last year's Labatt's Freedom Trail Road Race. Bob was eighth place finisher in the 1978 Falmouth Road Race.

Charlotte Lettis, 1978 champion in the New England indoor mile will be present to offer some tips to the girls. Her recordtime of 4:44.04 set at the Harvard indoor track remains the best today. Charlotte won the New York City Bonne Bell in 1975 and finished fourth in the Boston Bonne Bell 1977. She is a four time winner of the New England Cross-Country Championships. Charlotte will lend some of the expertise gained in her many years of coach-

ing women's cross-country and track teams of 1977 and 1978.

Joh Macik, a sports physiologist, will be present to discuss running injuries: their prevention and possible cures. Joh did his graduate work at the Human Performance Lab at Ball State University, where he obtained his master's degree. He currently works as an exercise physiologist for New Balance Athletic Shoes, Inc. He is also a sports physiology consultant for the XIII Winter Olympics, Lake Placid.

The local sports
are all in the
Mariner

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The evening promises to provide plenty of inspiration to get the 1979 spring track season off to a proper start. With the use of a 500 seat auditorium, the Runnery hopes to see all area teams well represented.

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